



THE SHOWROOM
CLIMBING CENTRE

PART OF YMCA LINCOLNSHIRE



UNSUPERVISED - Registration Form

Participation Statement

“The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Personal Details

Please complete the form in **BLOCK CAPITALS**.

Title First Name Surname

Gender Address 1

Date of Birth / / Address 2

Contact No. City

E-mail Address Postcode

Emergency Contact Details

Relationship Name Mobile No.

Conditions of Registration

If you are under 18 years of age **DO NOT** fill in this form! Please ask at Reception for the correct form. Once you have read the **Conditions of Use and Rules** of the climbing centre, you must answer the following questions by writing either “**YES**” or “**NO**” in the box provided, then sign the declaration at the bottom of the form. Only climbers who give satisfactory answers to the questions will be registered and allowed to climb unsupervised.

Bouldering Only

Are you over 18 years of age?.....

Have you read and understood the Conditions of Use and Rules of the centre?.....

Do you agree to abide by the Rules of the climbing centre?.....

Do you understand that failure to exercise due care could result in your injury or death?.....

Do you have any questions regarding the application of the Conditions of Use or the Rules?.....

Bottom Ropes

* Can you put on a climbing harness correctly?

* Can you attach a rope to your harness using a suitable climbing knot?

* Can you use a belay device to secure a falling climber and lower a climber from the wall?

Do you require instruction in any of the above three techniques (marked *)?

Would you like to be notified of offers, promotional deals and events via email.....

Declaration of fitness

I certify that to the best of my knowledge, I do not suffer from a medical condition, which might have the effect of making it more likely that I be involved in an accident, which could result in injury to others or myself.

Declaration of fact

I also confirm that the above information is correct and if any information changes I will notify the centre:

Signature Date / /

THIS PART TO BE FILLED IN BY RECEPTION STAFF

Registration Fee £ Registration Type

Introduction Course Completed Yes / No Verbal + Practical Assessment Completed?

Signature Date / /

CONDITIONS OF USE OF *THE SHOWROOM CLIMBING CENTRE*

Risks - “The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Although the climbing centre is an artificial environment the risks involved are **no less serious than when climbing outside** on a crag or mountain. There is an additional risk that bolt-on holds can spin or break.

The soft flooring is designed to provide a more comfortable landing for climbers falling or jumping from the wall. **THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER.** Broken and sprained limbs are common on this type of climbing wall despite the soft landing. **Uncontrolled falls are likely to result in injuries to yourself or others.**

Climbing **beyond your capabilities** on any wall is likely to result in a **fall**. Any fall may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks** whenever you climb.

Our Duty of Care - The rules **of the climbing centre set out below** are not **intended to limit your enjoyment of the facilities.** They are **part of the duty of care that we, as operators, owe to you, the customer, by law.** **As such they are not negotiable and if you are not prepared to abide by them then the staff must politely ask you to leave.**

Your Duty of Care - You also have a duty of care to act responsibly towards the other users of the centre. Statements of ‘Good Practice’ are posted on the notice board located in the climbing wall.. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

Unsupervised Climbing - Before you climb without supervision the centre expects you to be competent in the use of a safety harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope. You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered is classed as a **novice** and **must not** climb without supervision. All unregistered guests **must** be accompanied by an instructor if entering the wall. Unsupervised guests must **not** interrupt and stay well clear of the session and other climbers.

Unsupervised climbing is just that! Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance. If you are not **confident** in the use of any climbing equipment or technique then **do not** attempt to use it without the supervision of someone who is competent to do so.

Supervised Climbing - An adult who has registered at the centre may supervise up to two novice climbers as long as they are prepared to take full responsibility for the safety of those people. Novice climbers are strongly advised to always be backed up when belaying. Groups of three or more novices must only be supervised by an instructor holding the relevant Mountain Leader Training qualification. Guests MUST be accompanied by the supervising climbing member AT ALL TIMES.

Children – All children under 18 in the centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing. Children MUST be accompanied by the supervising adult member AT ALL TIMES.

No Smoking – There is a policy of no smoking anywhere inside the Climbing Centre, this includes vapes and electronic cigarettes.

Loss of personal property – The Showroom accepts no responsibility for any loss of or damage to customer's personal property. Storage is provided for customer's convenience but this is not secure. No valuables should be left unattended.

Environmental – All waste must be placed in the correct bins and not left on the gym floor.

RULES

General Safety

- Report to reception and scan in on each visit before you climb.
- You must exercise care, common sense and self-preservation at all times.
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.

Top Roping

- Many of the climbs in the centre have top ropes already in place. **Do not take them down to use on other routes.**
- Do not** use your own 'quickdraws' to lead the top rope walls.
- Do not** use a top rope on the freeform wall (routes 18-21). Seconding the routes only, removing the rope from each runner as the climber ascends.

Leading

- When using the lead walls you must supply your own appropriately rated dynamic rope. **Do not use the centre's top ropes for lead climbing.**
- Running belay attachments (runners) are already provided at intervals on the lead walls so you do not need your own 'quickdraws'.* You must clip **all** the runners on the route you are climbing.
- When clipping the anchor **do not** run the lead rope next to the top rope through the same carabiner.
- Only use personal ropes for leading and ensure they are **safe for use**.

Abseiling/SRT (Single Rope Techniques)

Strictly **no** abseiling or SRT without prior permission from a fully qualified climbing instructor.

WHEN BELAYING

- Always use a belay device attached to your safety harness with a locking carabiner. 'Traditional', or 'body' belaying is not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical unless you are using one of the attachment ballast bags.
- Under 18's must not belay unless with an instructor or have demonstrated competence to an instructor and been signed off.

WHEN CLIMBING

- The tall walls are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a suitable climbing knot. Clipping in with a carabiner is not acceptable.

Bouldering/Traversing

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall.
- Never climb directly above or below another climber.

TruBlue Auto-Belays

- When not climbing on the auto-belays ensure that you are stood well clear of the landing area.
- Always clip into the wall protector after climbing ensuring the carabiner is on correctly.
- When climbing you **MUST** stay on route directly under the auto-belay anchor point. Climbing on the adjacent route is not acceptable and damages the mechanics of the device.